

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pizza Party	2 Pedal Power	3 Park Hopping: Ashley Oakland Star
4 Chalktopia	5 Popsicle Palooza	6 Adventure Quest	7 Leaf it Up: Chicken Caesar	8 Pizza Party	9 Pedal Power	10 Park Hopping: Riverview
11 Chalktopia	12 Popsicle Palooza	13 Adventure Quest	14 Leaf it Up: Pasta Salad	15 Pizza Party	16 Pedal Power	17 Park Hopping: Miracle Park
18 Chalktopia	19 Popsicle Palooza	20 Adventure Quest	21 Leaf it Up: Green Goddess	22 Pizza Party	23 Pedal Power	24 Park Hopping: Triumph Park
25 Chalktopia	26 Popsicle Palooza	27 Adventure Quest	28 Leaf it Up: Strawberry Spinach	29 Pizza Party	30 Pedal Power	31 Park Hopping: Ironwood Park



**Blank Children's Hospital**  
UnityPoint Health



### **Pizza Party**

Everyone loves a good pizza party. Thursdays this month are turning into pizza night! While pizza is fun, it is not always healthy. There are many things you can add or change to the pizza to make it healthier. Try these different methods each week to see what your favorite way to make your homemade pizza. Switch it up! Here is a list of things to try that could upgrade your pizza both in taste and nutrition. You could try: cauliflower crust, wheat crust, different kinds of protein, various veggies, etc.

### **Adventure Quest**

Life is always more interesting with an adventure. For this reason, we are claiming Tuesdays as Adventure Quest days! Get outside and go on an adventure! Use your imagination while you walk, run, bike, scooter, etc. Your adventure could include an obstacle course, the floor is lava, following footprints or a trail, the options are endless! Get outside and have some fun with this adventure! If you are struggling to start, go easy with a walk and see where it takes you. Adventures await!

### **Chalktopia**

Wouldn't it be fun to create a world of your own? You can create a whole new adventure with chalk! On Sundays, take an hour or so out of your day and dedicate it to getting outside and creating new chalk explorations. Get creative with it! If you think of it you can create it. With chalk, the possibilities are limitless. Here are some ideas to start with when it comes to chalk outside:

**New Town:** Create a whole new town, think of what kind of shops you want and creative names! Then drive your scooters, bikes, or just walk through your new town!

**Dream:** Color your dream car or house!

**Mix:** Mix different colored chalks together to find your favorite combinations!

**Zoo:** Create your own zoo of animals! They can be real or imaginary!

### **Pedal Power**

May is National Bike Month! In honor of this, we are turning every Friday into a biking day! Pedal power is a challenge to get outside and go on a bike ride! Whether that is biking to do some errands, go to the park, or just on a ride around your neighborhood. Biking is an activity that is fun to do either by yourself, with some friends, or with your whole family! Put your foot to the pedal this month every Friday with Pedal Power.



### Leaf it Up

The month of May is National Salad Month. For this reason, Wednesdays are determined to be Leaf it Up! Each week on Wednesday, is the time to try a new salad recipe! There are many different options to choose from so there is sure to be something you enjoy! There are a few different ideas on the calendar above to get you started as options. Not all salads have to be made with lettuce, there is a wide variety of options to choose from.

Try some of these to start and make them your own!

Chicken Caesar: [Low Carb Chicken Caesar Salad | Healthy Fitness Meals](#)

Pasta Salad: [Healthy Pasta Salad - The Clean Eating Couple](#)

Green Goddess: [Green Goddess Salad Recipe - How to Make Green Goddess Salad](#)

Strawberry Spinach: [Strawberry Spinach Salad {with feta and pecan} - Healthy Fitness Meals](#)

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>

### Popsicle Palooza

Cool down your crazy Mondays with a popsicle palooza. Try out a new popsicle recipe each week! This is a great way to get in extra fruits and veggies to your days. You do not need anything fancy to make a homemade popsicle. All you need is some little paper or plastic cups and sticks! There are many different recipes to try online for homemade popsicles! Start by picking your favorite fruit and go from there. Get creative! Make any recipe your own or create your own recipe for a new kind of popsicle. Since all the food in the popsicle is blended, this is a great way to get in some hidden veggies.

Some easy ways to make your popsicles healthier are to include things like: spinach, yogurt, carrots, celery, coconut water, kale, beets, avocado, cauliflower, cucumber, etc.

### Park Hopping

Saturdays are meant to be spent outside! Enjoy your time by trying out new parks! Going to a park is a great way to get time outside as well as changing up the scene to play. Make this a fun weekly plan and go to a new park each week! After your time at each location, rate your experience out of 10. At the end of this month, you will have 5 different parks that you have tried. You can compare them and see which one was your favorite!

Ashley Oakland Star: 1895 E McKinley Ave, Des Moines

Riverview Park: 710 Corning Ave, Des Moines

Miracle Park: 310 NW School St, Ankeny

Triumph Park: 700 Douglas Pkwy, Waukee

Ironwood Park: 2222 3<sup>rd</sup> Ave SW, Altoona



**Blank Children's Hospital**  
**UnityPoint Health**

*A department of UnityPoint Health – Des Moines – Iowa Methodist Medical Center*